

Lowestoft Road Runners April 2025 Race Report

By E. E. Manuel Nicolaus

April was the big marathon month for many LRR members.

John Jervis started off on the 6th April with the Guernsey Marathon. He finished in an incredible 3hours and 1.5 minutes. John reflects that it "was a very scenic lap of the island's coastline. Conditions were tough with a headwind all the way up the west coast. I was recovering from a nasty cold and treated this as a long training run. I finished in 8th place". Well done John.

On the same day, Karen Evans run the Trowse 10k and finished in 48 min and 53sec. Karen described it as a tough race, nevertheless, she achieved her 3rd gold standard of the year. Congratulations Karen to have achieved this so early in the season already. Kirsty Wheeler also run this race and achieved a new PB on this undulating course.



Kirsty and Karen after the Trowse 10k race

10 days later, on a midweek Wednesday the 16th April many members headed to Great Yarmouth to take on the 1st of three races in the 5mile series. 17 LRR members took part. First across the line for team LRR was Jon Wetherell in 33:55, followed by Jon Meadows in 34:26. Chris Woodcock clocked a massive PB by 83 seconds and crossed the line in 34:54. Katy Oldman was the first female across the line in her age category in 34:58. Manuel Nicolaus also set a new PB in this race in 35:17. Behind him followed Kirsty Wheeler (37:10), Anne-Marie Davison (38:01), Lee Phillips (39:17), Mark Elflett (41:23), Philip Brand (41:27), Harrison Page (41:39), Ross Kozyrko (42:04), Charlotte Smith (42:04), Vanessa Pooy (45:25), Jamie Mordecai (46:05), Stuart Dewell (53:00), and Rachel Gregory (53:01).



Jon, Jamie, Rachel and Stuart full of accomplishment :)



More happy faces including Kirsty, Phil, Lottie, Ross, Katy, Mark, Chris, Jon Meadows and Manuel

On the 27th April was the big Marathon day with London and Manchester marathons happening at the same day.

Simon Cook, John Jervis, Ellen Blackie, Derek Potter and Darryl Ainslie took on the Marathon marathon. John finished the race in an incredible 02:49:38. Simon completed the race under hot conditions in 03:02:21, Darryl finished in 06:41:55 and Derek Potter in 07:46:08 under the gruelling conditions. Well done Derek for also helping a fellow runner to finish by providing mental and nutritional support to a fellow runner who reached out to the TCS London Marathon Team to thank you personally. That is the spirit we all want to see.



Darryl pushing on and overcoming the heat conditions

In Manchester, Gary Saggars crossed the line first in 02:52:56, followed by Adam Brown in 03:08:59 setting a PB, Max Taylor (03:29:35), Dan Ramsbottom (03:30:16), Lisa Riley (04:04:29), Katy Oldman (04:04:40), Matt Baldry (04:25:42), Manuel Nicolaus (04:27:41) and Paul Banks (04:33:56).



Members on the picture include Dan, Lisa, Katy, Matt and Paul

The last race of the month was the 2nd 5 mile Great Yarmouth race with great achievements for some, while others used it as a recovery run after the marathons to complete the medals. First across the line for team LRR was Tom Galley in 29:45, followed by Keelan Pywell (30:11), Jon Meadows (34:15), Chris Woodcock (34:24) setting another superb PB, Kirsty Wheeler (37:09), Manuel Nicolaus (37:25), Anne-Marie Davison (37:48), Lee Phillips (38:26), Rebecca Langford (40:14), Harrison Page (40:26), Mark Elflett (41:02), Ross Kozyrko (42:02), Charlotte Smith (42:03), Vanessa Poppy (43:48), Lisa Piley (44:16), Katy Oldman (44:16) and Stuart Dewell (44:46).

First Name	Last Name	Race Name / Event	Date	Time	Distance	Comments
Karen	Evans	Trowse 10k	06/04/2025	48:53:00	10km	A tough race but managed to achieve my 3rd gold standard for the year
John	Jervis	Guernsey Marathon	06/04/2025	03:01:29	26.2 miles	The course was a very scenic lap of the island's coastline. Conditions were tough with a headwind all the way up the west coast. I was recovering from a nasty cold and treated this as a long training run. I finished in 8th place.
Karen	Evans	Trowse 10k	06/04/2025	00:48:53	10k	Gold standards completed
Manuel	Nicolaus	GY5m -1	16/04/2025	00:35:17	5miles	Great first outing of the year on the road - strong winds, but still a PB 💪🥳
Chris	Woodcock	Yarmouth 5 mile series 1	16/04/2025	00:34:54	5 mile	Turning out a brilliant huge PB by 1 mins and 23 sec. But bit much wind. At end I keep get it strong and hard work

Anne-Marie	Davison	Yarmouth 5 mile	24/04/2025	38	5 miles	
John	Jervis	London Marathon	27/04/2025	02:49:38	26.2 miles	The warm weather made this a very tough race. The crowds in London were as amazing as ever - an estimated 800,000 people came to watch the race! Despite the support, the last four miles were a real struggle. I was pleased to beat last year's time.
Gary	Sagger	Manchester marathon 2025	27/04/2025	02:52:56	26.2 miles	Hot hot hot! My third marathon, keeping under 3 hours.
Adam	Brown	Manchester Marathon	27/04/2025	03:08	26.2	Big PB
Darryl	Ainslie	London marathon	27/04/2025	06:41:55	26.2 mike's	Very hot day and I really though I would run under 6 hours but the heat hit me hard I struggled through towards the end but I know I have a better time within me
Simon	Cook	London marathon	27/04/2025	03:02:21	26.2 marathon	
Anne-Marie	Davison	Yarmouth 5 mile 2	30/04/2025	37.5	5 miles	
Chris	Woodcock	Yarmouth 5 mile series 2	30/04/2025	00.34.24	5 mile	Another PB by 30 on easy and flat run so fast
Tom	Galley	GY 5 Mile Race 2	30/04/2025	00:29:45	5 mile	